

Summary of Key Treatment Targets

Measure/Test	Target	Frequency	Comment
A1C	<7.0%	Test at least semi-annually	As low as possible without significant hypoglycemia.
Blood Pressure	<130/80 mmHg	Check at each office visit	
LDL Cholesterol	<70-100 mg/dL (depending on presence of CVD)	Test at least annually	
HDL Cholesterol	Women: >50mg/dL Men: >40 mg/dL		
Triglycerides	<150 mg/dL		
Microalbumin/ Creatinine Ratio	<30 mg/g of creatinine	Test annually	If positive, repeat test one month apart. Use 2 out of 3 results.
Serum Creatinine	See comment	Annually	The serum creatinine should be used to estimate GFR, if <60 mL/min/1.73 m ² more frequent testing is required. www.kidney.org/professionals/kdoqi/gfr_calculator.cfm
Dilated Eye Exam	Normal	Annually	High risk should be tested more frequently; low risk may require less often.
Comprehensive Foot Exam	Identify level of risk	Annually	Visually inspect every visit if significant vascular disease, foot deformities, or loss of protective sensation is present, or if identified as high risk (see Appendix C).